

The Senior Center at **Charles Young Center**

Open to Fayette County Residence 60 and older



540 E. Third Street

Hours: Mondays, Wednesdays and Fridays

9:15 am - 1:00 pm

For more Information, please call **Katherine** at 859-246-0281

August 2016

Exercise/Activities:

- **Tai Chi:** This class helps the participant focus on breathing, posture, and strengthening and lengthening muscles. **Wednesdays & Fridays 12:15 p.m.-1:00 p.m.**
- **Bodies in Balance:** Physical fitness for those who wish to improve muscle tone and flexibility. **Mondays, Wednesdays and Fridays 9:30 a.m -10:30 a.m.**
- **Pickleball:** Join in this fun doubles game. It is a combination of racquetball, table tennis, badminton, tennis and squash. Played in the gymnasium with a wiffleball and wooden paddles. **Fridays from 11:00 a.m. - 12:00 noon.**
- **Line Dancing:** (Beginners) Come out for this fun-filled class that is sure to keep you moving. Instructor: **Tess Morton** **Wednesdays 11:15 a.m. – 12 noon**
- **Savings Seniors/Nutritional Classes** – **Mondays, 11:00 am – 12:30 pm** Nutritional Educational class taught by Jacqui Denegri from KY Cooperative Extension Service. Class size is limited. Contact Katherine to sign up.
- **Clay Jewelry Making** – Create your own jewelry from clay. 6 week session starting Wednesday, August 24. 1:00 p.m. – 3:00 p.m. No experience necessary. All materials and tools provided. Cost \$1 per class. Contact Katherine to register.d